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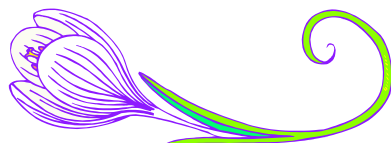
April 2011

## Summa Center for Corporate Health “Workers Compensation Worst-Case Scenario Forum”

You won't want to miss this month's Safety Luncheon. The topic this month is a panel discussion and you will hear professional experts provide insight to effectively manage difficult worker's compensation situations. Please come prepared with a worker's compensation related scenario and/or questions for the panel. The goal of this discussion is to provide employers with useful information to combat future claims and contain healthcare costs during a tough economy. The panel includes: Stephen Kaiser, D.O., FACOEP, Medical Director of Summa Center for Corporate Health, Craig Wood, OTR/L-Licensed and Registered Occupational Therapist and Certified Functional Capacities Evaluator, Summa Health Center at Green, Rehab Services, Daniel P. O'Brien, Partner, Millisor & Nobil Co., LPA., Cherie Strach, B.S.N., R.N., C.C.M., Utilization Review Supervisor and Provider Relations at 1-888-OHIOCOMP and Mark A. Milano, Senior Account Executive, Third Party Administrator Sedgwick CMS.

The BWC will also be there to present the 2010 Awards certificates.

Be sure to make your reservation for the luncheon, with your lunch choice, at Prime 93 (formerly Anthe's) by calling 330-745-3141 or e-mailing us at [southsummitcc@att.net](mailto:southsummitcc@att.net). The time is 11:30 a.m. to 1:30 p.m. Please try to make plans for a little later than usual departure time. It will certainly be worth the time.



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April 13, 2011  
Safety Council Luncheon  
“Worse Case Scenario”

CALL YOUR  
RESERVATIONS IN TO THE  
CHAMBER  
OFFICE AT  
330-745-3141  
OR EMAIL THEM TO

**SOUTHSUMMITCC**  
**@ATT.NET**

DON'T MISS THIS  
INFORMATIVE  
MEETING  
BEING HELD  
AT :  
**Prime 93**

**NEW Menu Choices are:**

Grilled Chopped Steak

Pan Seared Lemon  
Pepper Tilapia

Chicken Breast  
Beurre Blanc

Seafood Salad

Marinated Chicken  
Breast Salad



## Working Outdoors in Warm Climates

We're all starting to think about nice weather and looking forward to when the temperatures will reach the 70's and 80's and stay there. Along with enjoying the hot weather comes some important facts to remember when working in the warmer climates.

Sunlight contains ultraviolet (UV) radiation, which causes premature aging of the skin, wrinkles, cataracts and skin cancer. There are no safe UV rays or safe suntans. Here are some tips on how to block those harmful rays:

**Cover Up.** Wear loose fitting, long-sleeved shirts and long pants.

Use sunscreen with a sun protection factor (SPF) of at least 30.

Wear a hat. A wide brim hat, not a baseball cap, works best because it protects the neck, ears, eyes, forehead, nose and scalp.

Wear UV-absorbent sunglasses. Sunglasses don't have to be expensive, but they should block 99 to 100 percent of UVA and UVB radiation. Before you buy sunglasses, read the product tag or label.

Limit exposure. UV rays are most intense between 10 a.m. and 4 p.m.

The combination of heat and humidity can be a serious health threat during the summer months. If you work outside or in a kitchen, laundry or bakery you may be at increased risk for heat related illness. Here are some precautions to take:

Drink small amounts of water frequently.

Wear light-colored, loose-fitting, breathable clothing-cotton is good.

Take frequent short breaks in cool shade.

Eat smaller meals before work activity.

Avoid caffeine and alcohol or large amounts of sugar.

Work in the shade.

Find out from your health care provider if your medications and heat don't mix.

Know that equipment such as respirators or work suits can increase heat stress. There are three kinds of major heat-related disorders—heat cramps, heat exhaustion and heat stroke. You need to know how to recognize each one and what first aid treatment is necessary. You can find an OSHA Heat Stress Fact Sheet at:

[www.osha.gov/OshDoc/data/HurricaneFacts/heat\\_stress.pdf](http://www.osha.gov/OshDoc/data/HurricaneFacts/heat_stress.pdf)

Enjoy the nice summer weather, but, be careful and take precautions against the heat.





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## SAFETY COUNCIL MEETING SCHEDULE

**April 13, 2011**

**Safety Luncheon at  
Prime 93**

Summa Center for Corporate Health presents "Workers Compensation Worse Case Scenario Forum"

Safety Council Board of Directors:

Al Bollas President

Kelli Harvey Vice President

Donna Henretty Secretary

Jim Carpenter Treasurer

**May 11, 2011**

**Safety Luncheon at  
The Olde Harbor Inn**



### April's Safety Luncheon at Prime 93



The cost is \$15 per person w/reservation or **\$20 without reservation.**  
*If reservations are made and an unexcused absence occurs your company will be invoiced.*  
Reservations **MUST** be received by 3pm the day **BEFORE** the meeting or the charge will be \$20.  
Please make your reservation by

calling 330-745-3141 or email us at southsummitcc@att.net

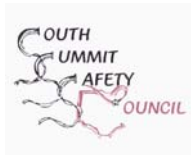
**Menu for Prime 93:**

Grilled Chopped Steak , Pan Seared Lemon Pepper Tilapia  
Chicken Breast Beurre Blanc, Seafood Salad  
Marinated Chicken Breast Salad

**Menu for Harbor Inn:**

Potato Crusted Cod, Wild Mushroom Chicken, Pulled Pork BBQ Sandwich w/slaw & chips  
Choice either Full House Salad or Warm Goat Cheese Salad w/Chicken  
**Selection of soda, lemonade, iced tea, coffee and hot tea available**  
Please include your lunch choice when making your reservation.

THANK YOU!



South Summit Safety Council  
503 W. Park Ave.  
Barberton, OH 44203

